

BREAK THE ICE ON YOUR WINTER FITNESS GOALS!



Join the Coconino County Public Health Services District Aerobic Winter Challenge:

- Form teams of 5-10 people.
- Registration: September 24 - October 26, 2018.
- Track your physical activity and win monthly prizes!
- FREE monthly events & gym gear!
- Challenge runs November 2018 through February 2019.
- Receive monthly e-newsletters with tasty recipes and fitness tips to keep you moving.
- Cost is only \$10 per person to join!
- Reduced registration fee available to employees of sponsoring organizations.

For registration details, visit
www.coconino.az.gov/awc



Red Feather Lodge GRAND CANYON



Monthly prizes &
incentives!

NORTHERN ARIZONA UNIVERSITY
Employee Assistance and Wellness Office



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Questions? Contact Tiffany Kerr at (928) 679-7268 or tkerr@coconino.az.gov